



Members of the junior class of Phoenix High school honored the graduating seniors at a banquet and dance given April 7 at Rogue Valley Country Club. Miss Sandra Dickinson was crowned queen. Pictured with Queen Sandra are her princesses and their escorts and (left to right) they are Miss Linda Ray, Rick Richey, Miss Diane Carter, Larry Johnson, Rick Jennings, the queen's escort, Jerry Montgomery, Miss Cheryl Bowman, Dave Johnson and Miss Bonnie Faytinger. "Blue Rhapsody" was the theme of the decorations. About 130 students and faculty members attended the evening. (Brainard photo)

Calcium To Be Topic Of Meeting

Mrs. Verne Shangle will speak on calcium at the Monday, April 16, meeting of the Women's Nutrition Study group at the home of Mrs. William Grensky, 652 Beall lane east, Medford. The meeting will start at 10 a.m. Members have been studying the subject during the month in preparation for a discussion period to follow her talk.

Two reports were given at the March meeting.

Mrs. Robert Shangle reported on vitamin E. She listed whole wheat, wheat germ, cabbage juice and garden lettuce as the best sources of this vitamin. Adding that hot-house lettuce does not provide vitamin E. She said that most of these foods contain vitamin E which works advantageously with vitamin E in maintaining health.

Mrs. Shangle explained that vitamin E is considered the fertility vitamin and without it animals conceive, but either do not carry the baby full term, it is stillborn or lives a very short time.

Mrs. Shangle added that whole wheat flour, which has

been ground more than two days loses all of its vitamin E and even wheat germ loses it if not refrigerated. She said that any rancid oil destroys vitamin E in the body, therefore, she suggested refrigerating all oils and fats.

Members decided to bake whole wheat bread to display at the April meeting.

Book Reviewed

Mrs. John Roelfs reviewed "Calories Don't Count" in this book Dr. Herman Taller tells of his experience when asked by physicians to conduct a test on himself to lower his cholesterol count, which was found to be extremely high. The test included addition of unsaturated oils and the elimination of high carbohydrate foods in his diet.

It was noticed that he was reducing on this diet which had been intended only to lower the cholesterol count. As a result of this, he began to study records of others' research in the field of fats as related to weight loss.

The book lists the percentage of carbohydrates contained in most common foods, and

the grams of protein and fat. It explains that protein utilizes the body's ability to completely assimilate food instead of turning it into fat, and that unsaturated fats actually break up fat and allow it to be eliminated.

Dr. Taller includes tips in the book for improving digestion and ways of stepping up the reducing program as well as a few recipes for foods which he considers particularly beneficial to his diet.

Discussion and questions followed, then refreshments were served by Mrs. Chester James, the hostess.

The Women's Nutrition group meets the third Monday of each month at 10 a.m. Interested persons may call Mrs. Grensky at Normandy 4-2732 for information.

DUV To Meet

A work day meeting is planned by members of the Elta Deuel Hubbs tent, Daughters of Union Veterans of the Civil War. The session will open at 10 a.m., Wednesday, April 18 at the home of Mrs. Elmer Gott, 542 South Ivy street.

Sis-Q Council To Hold Session

Plans for coming activities and events will be discussed at a meeting of the Rogue Valley Area Council of Square Dancers set for 8 p.m. Tuesday, April 17, in the Phoenix Community club.

The council has booked Morris Sevada, noted Indian caller, for a dance to be held September 8. Mr. Sevada called for a dance in the valley last October and was so well

liked that he was asked to make a return appearance.

The president, Ernest McCartney, is anxious for all interested square dancers to attend this meeting. The Buckles and Bows Square Dance club of Ashland will be host.

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Dietitian Notes Inaccuracies in Book

The Rogue Valley Economists in Homemaking will meet Monday, April 16, at 8 p.m. at the home of Mrs. Eugene P. Winters, 3254 Britt avenue. Mrs. Marjorie Green, Burleson's buyer and fashion coordinator, will speak to the group on clothes buying.

The group heard Robert A. Boyer, Medford lawyer, March 19 tell about early law. Mr. Boyer said law became necessary when the land was owned by more and more persons. In early law the importance of the persons involved weighed the verdict. For example, if the defendant had a bishop on his side, then the plaintiff would have little chance to win. The United States' law system is based on the English system of code law and case law.

Mr. Boyer said that case law is the growth of law. The findings of each new case help lawyers all over the world.

In the "what's new" department, Mrs. Thomas D. MacLoed, Rogue Valley hospital dietitian reported that the book "Calories Don't Count" is inaccurate. The American

Dietetic association sent Mrs. MacLoed a reprint from the Wall Street Journal. They figure safflower seed oil is not an effective weight control remedy.

Safflower Oil Seized

The Food and Drug administration announced it has seized 58,000 capsules of safflower oil at a United Whelan Drug store warehouse in Brooklyn, N. Y., and 1,600 copies of the book "Calories Don't Count" by Dr. Herman Taller, an obstetrician and gynecologist, on the ground of misleading labeling. The government alleges that the capsules and accompanying books, sold as a promotional tie-in, deceptively represent that safflower oil capsules are an effective weight control remedy.

FDA officials said that books as such are not subject

to the Federal Food, Drug and Cosmetic act unless they are used as labeling material for products covered by the law. Malcolm R. Stephens, FDA director of enforcement, said the seizure of "Calories Don't Count" was similar to past agency action against false claims in point-of-sale material for foods, drugs and cosmetics.

The FDA says safflower seed oil is not an effective reducing aid and the amount of safflower oil recommended by the book for daily diet is not significant for any purpose.

Mrs. MacLoed will report further findings at the April meeting.

Jacksonville Group To Meet

Jacksonville - The twenty-third anniversary of the Jacksonville Garden club will be observed at a meeting of the club Thursday, April 19 in the home of Mrs. Fred Edens on East F street.

The program will open at 1:30 p.m., and the roll call will be answered by naming a requirement made by judges of horticulture specimens. An all-day work shop scheduled for the meeting has been postponed until the May meeting due to illness of the program chairman, Mrs. R. T. Nichol.

Groups to Hold Dinner Meeting; Member to Wed

Veterans of World War I, barracks and auxiliary, will have a potluck dinner and social evening at 7 p.m. Wednesday, April 18 at the Girls Community club.

Mrs. Thomas Lynch will be chairman of the refreshment committee and entertainment will be provided for the social hour.

Mrs. Frank Johnson was presented a gold spark plug at the district meeting of World War I Veterans and auxiliaries at Roseburg on April 1. The gold spark plug pin is presented to members who have brought in ten new members to the barracks or auxiliary.

Mrs. N. R. Walters announced a rummage sale to be held May 5 at the Fehl building and asked members to save rummage for it.

Mrs. Alvin C. Lucas presented a pink hydrangea to the auxiliary president, Mrs. Mamie Schrack, as a gift from the auxiliary. Mrs. Schrack announced her coming marriage to Ray Newman of Grants Pass. Mrs. Schrack recently returned from a trip to Hawaii.

Out of town guests at the business meeting included Mr. and Mrs. Elmer Curry of Grants Pass.

Leaves

Ashland - Mrs. Anita Driscoll, who has lived in Ashland for many years, left last week for Placerville, Calif., where she will make her home with her mother and sister, Mrs. Lillian Brass and Mrs. Viola Pollack.

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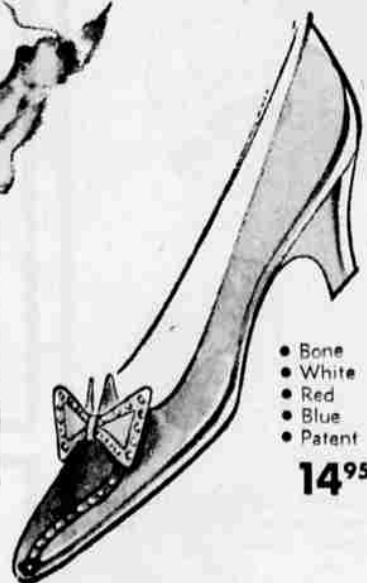
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